NEW

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Creamette COOKBOOK

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Homemaker's Holiday

- 1 (7-ounce) package **Creamettes Elbow Macaroni** (2 cups uncooked)
- 1 can condensed cream of mushroom or celery soup
- 1 cup milk
- 1 cup grated Cheddar cheese
- 1 can (12-ounce) luncheon meat, in cubes
- ¼ cup green pepper, chopped

Prepare **Creamettes** according to package directions. Drain. Combine soup, milk, and cheese. Simmer, stirring occasionally, until cheese is melted. Mix macaroni, cheese sauce, luncheon meat and green pepper. Pour into 1½-quart casserole. Bake at 325° for 30 minutes. 4 servings. Variation: Slice luncheon meat in ½" slices and arrange on top of casserole before baking.

MONEY-SAVING MAIN DISHES

Basic Baked Macaroni and Cheese

- 1 (7-ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
- 2 tablespoons margarine or butter
- 2 tablespoons flour
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 2½ cups milk
- 2 cups (8 ounces) shredded sharp Cheddar cheese

Prepare **Creamettes® Macaroni** according to package directions. Drain. Preheat oven to 375.° In medium saucepan, melt margarine; stir in flour, mustard and salt. Gradually stir in milk. Cook and stir until mixture thickens slightly (mixture should coat spoon). Remove from heat. Add *1½ cups* cheese, stir until melted. Stir in cooked macaroni. Turn into greased 1½-quart shallow baking dish. Top with remaining cheese. Bake 20 to 25 minutes or until bubbly.

Hot Diggity Hot Dish

- 1 (7-ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
- 1 pound frankfurters, cut into quarters
- 1 (10¾-ounce) can condensed cream of celery or mushroom soup
- 1 (8-ounce) container sour cream, at room temperature
- 1 cup shredded carrot
- ½ cup chopped onion
- ¼ cup chopped green pepper
- ½ teaspoon dill weed, optional

Prepare **Creamettes® Macaroni** according to package directions. Drain. Preheat oven to 350°. In large bowl, combine all ingredients; mix well. Turn into greased 2-quart baking dish. Cover; bake 30 to 35 minutes or until hot and bubbly. Makes 6 servings.

Meatless Lasagna

- ½ of a (1-pound) package **Creamette Lasagna**
- ½ cup chopped onion
- ½ cup diced celery
- 1 clove garlic, minced
- 2 tablespoons cooking oil
- 1 (28-ounce) can whole tomatoes with liquid, cut up
- 1 (6-ounce) can tomato paste
- ½ cup water
- ½ tablespoon basil leaves
- ½ teaspoon sugar
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 (pound) Mozzarella cheese, sliced.

Prepare **Creamette Lasagna** according to package directions. Drain. Sauté onions, celery and garlic in oil. Do not brown. Add tomatoes, tomato paste, water and seasonings. Simmer 15 minutes. In buttered lasagna pan; layer lasagna, vegetable sauce and cheese. Repeat layers, ending with cheese. Bake in a 350° oven 30 to 40 minutes. Let stand 10 minutes before cutting. 8 servings.

Fresh Garden Salad

- 1 (7-ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
- 2 cups diced cooked ham
- 1 cup diced Cheddar cheese
- 1 cup cooked peas
- 1 cup torn lettuce
- 1 medium tomato, chopped
- ½ cup diced green pepper
- ¼ cup minced onion
- ¾ cup bottled Italian dressing
- 1 teaspoon salt
- ¼ teaspoon pepper

Prepare **Creamettes® Macaroni** according to package directions. Drain. Combine all ingredients. Cover and chill. 6 to 8 servings.

Confetti Macaroni Salad

- 1 (7-ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
- 3 hard-cooked eggs, chopped
- 1 cup chopped celery
- ¼ cup chopped green pepper
- 1 (10-ounce) package frozen green peas, thawed
- 2 tablespoons chopped pimiento
- 1 teaspoon salt
- 1 teaspoon sugar
- ½ to ¾ cup mayonnaise or salad dressing
- 2 tablespoons ReaLemon® Reconstituted Lemon Juice

Prepare **Creamettes® Macaroni** according to package directions. Drain. In large bowl, combine all ingredients. Mix well. Chill thoroughly. 6-8 servings.

Frontier Dinner

- 1 (7-ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
- 1 15-oz. can chili
- 1 10-oz. can condensed tomato soup

Prepare **Creamettes® Macaroni** according to package directions. Drain. In the same saucepan, combine one can chili and one can condensed tomato soup. Now put the **Creamettes®** back in the pan with the soup and chili. Simmer 'til hot. You've got a one-pot meal for six!

Cheese and Mac Salad

- 1 (7-ounce) package **Creamette Elbow Macaroni** (2 cups uncooked)
- 1 cup diced Cheddar cheese
- 2 cups diced celery
- 1 large tomato, diced
- 1 small onion, diced
- ½ green pepper, diced
- 1 cup mayonnaise
- ½ cup milk
- 1 teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon dry mustard
- ¼ teaspoon pepper

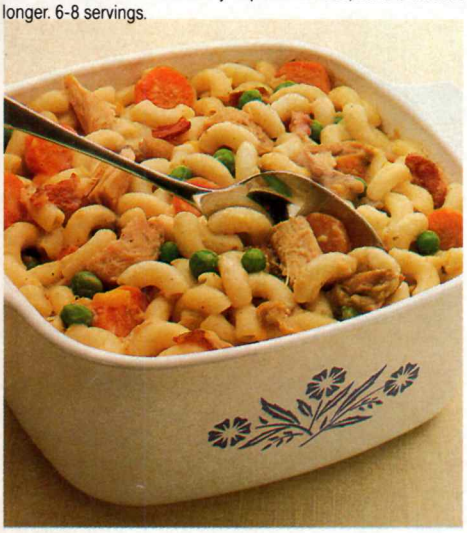
Prepare **Creamettes® Macaroni** according to package directions. Drain. Combine macaroni, cheese, celery, tomato, onion and green pepper. Blend mayonnaise, milk, salt, garlic powder, dry mustard and pepper. Toss dressing with macaroni mixture. Cover and chill. 6-8 servings.

Beef-Noodles Marzetti

½ (1-pound) package **Creamette Egg Noodles**
1 pound lean ground beef
¾ cup chopped green pepper
¾ cup chopped onion
2 cloves garlic, finely chopped
1 (32-ounce) jar spaghetti sauce
1 (4-ounce) can mushroom stems and pieces, drained
1 teaspoon basil leaves
1 teaspoon oregano leaves
½ teaspoon sugar, optional
1 cup (4 ounces) shredded Cheddar cheese

Prepare **Creamette Noodles** according to package directions. Drain. Preheat oven to 350°. In large skillet, brown meat; pour off fat. Add green pepper, onion and garlic; cook and stir until tender. Stir in remaining ingredients except noodles and cheese. Cover and simmer 15 minutes. Stir in cooked noodles. Turn into greased 3-quart shallow baking dish (13x9-inch). Cover.

Bake 20 minutes or until bubbly. Top with cheese; bake 3 minutes longer. 6-8 servings.



Chicken Macaroni Casserole

1 (7-ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
2 slices bacon
2 cans Campbell's Cream of Mushroom Soup
¾ cup milk
2 tablespoons vinegar
2 teaspoons sugar
1 medium clove garlic, minced
2 cans Swanson Chunk Chicken
1 cup sliced cooked carrots
1 cup shredded sharp Cheddar cheese
1 cup cooked peas

Prepare **Creamettes® Macaroni** according to package directions. Drain and set aside. In 10-inch skillet over medium heat, cook bacon until crisp; remove and crumble. Stir soup, milk, vinegar, sugar and garlic into drippings.

In large bowl, combine soup mixture and remaining ingredients. Pour mixture into 2½-quart casserole; cover. Bake at 350°F for 30 minutes or until hot; stir. 6-8 servings.

Savory Beef 'n Macaroni Casserole

1 (7-ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
1 pound ground beef
½ cup chopped celery
½ cup chopped onion
3 tablespoons flour
2 cups milk
¼ cup **Kikkoman Soy Sauce®**
½ teaspoon basil leaves
2 cups shredded Cheddar cheese
1 (10-ounce) package frozen peas and carrots, cooked and drained

Prepare **Creamettes® Macaroni** according to package directions. Drain. Brown ground beef with celery and onion over medium heat. Sprinkle flour evenly over meat mixture; stir to blend. Gradually stir in milk, soy sauce and basil. Bring to boil; stir in cheese until melted. Combine macaroni, meat mixture and vegetables. Pour into a 3 quart baking dish. Bake in a 350° oven 35 minutes. Serve with additional soy sauce if desired. 6-8 servings.

Baked Spaghetti Supper

1 (7-ounce) package **Creamette Spaghetti** or ½ of a (1-pound) package
1 pound ground beef
2 tablespoons butter or margarine
¼ cup flour
⅔ cup instant nonfat dry milk
½ teaspoon salt
⅛ teaspoon pepper
1 (1⅜ ounce) package dry onion soup mix
2 cups water
1 tablespoon flour
1 cup sour cream
Buttered bread crumbs

Prepare **Creamette Spaghetti** according to package directions. Drain. In large skillet, brown ground beef in butter. Remove from heat. Add ¼ cup flour, nonfat dry milk, salt, pepper and half of the soup mix. Blend, gradually stir in water. Cook, stirring constantly, 'til thickened. Combine remaining soup mix with 1 tablespoon flour, then blend with sour cream; fold into cooked spaghetti. Turn spaghetti into a 2½ quart buttered baking dish, pushing up sides to leave a "well" in center. Pour in meat mixture. Top with buttered bread crumbs. Bake in a 350° oven 30 minutes. 6-8 servings.

DIET MEALS

Slim Line Herb Mac And Cheese

1 (7-ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
¼ cup low calorie margarine
¼ cup unsifted flour
1 teaspoon dry mustard
1 teaspoon garlic salt
¼ to ½ teaspoon basil leaves
½ teaspoon paprika
2 cups skim milk
8 slices Borden® Lite-line® Pasteurized Process Cheese Product, cut into small pieces
2 teaspoons corn flake crumbs
Chopped parsley

Prepare **Creamettes® Macaroni** according to package directions. Drain. Preheat oven to 350°. In small saucepan, over low heat, melt margarine; stir in flour, mustard, salt, basil and paprika. Gradually stir in milk, cook and stir until thickened. Add cheese product, cook and stir until melted. Remove from heat, stir in cooked macaroni. Turn into 1½-quart baking dish, top with crumbs. Bake 20 minutes or until bubbly. Garnish with parsley, 8 servings.

TIP: To make 4 servings reduce all ingredients to half, proceed as directed. Bake 15 minutes.

Prepared as directed, provides approximately 195 calories per serving. (Values by product analyses and recipe calculations.)

Garden Lite Spaghetti

1 (10-ounce) package frozen chopped broccoli, thawed and well drained
½ pound carrots or zucchini, sliced, cooked and drained
1 (4-ounce) can mushroom stems and pieces, drained
¼ cup chopped onion
1 clove garlic, finely chopped
3 tablespoons low calorie margarine
3 tablespoons flour
1 teaspoon salt
½ teaspoon thyme or oregano leaves
2 cups skim milk
6 slices Borden® Lite-line® Pasteurized Process Cheese Product, cut into small pieces
1 (7-ounce) package **Creamette Spaghetti**

Prepare **Creamette Spaghetti** according to package directions. Drain. In large saucepan, cook onion and garlic in margarine until tender. Stir in flour, salt and thyme. Gradually stir in milk. Cook and stir over medium heat until mixture thickens. Stir in cheese product. Cook and stir until melted. Add broccoli, carrots and mushrooms, heat through. Serve sauce over hot spaghetti. 6 servings.

Prepare as directed, provides approximately 260 calories per serving. (Values by product analyses and recipe calculations.)

Fresh Tomato Toss

½ of a (2 pound) package **Creamette Spaghetti**
6 tablespoons softened butter or margarine
3 medium tomatoes, peeled and chopped
¼ cup sliced green onion
2 teaspoons basil leaves
1 teaspoon salt
½ teaspoon pepper
½ cup grated Parmesan cheese

Prepare **Creamette Spaghetti** according to package directions. Drain. Toss hot spaghetti with butter, tomatoes, green onion, basil, salt, pepper and cheese. Serve immediately. 6-8 servings.

Ham Icebox Salad

1 (7-ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
3 cups diced cooked ham
1 cup diced celery
1 cup low calorie mayonnaise
¼ cup sweet pickle relish, drained
2 tablespoons chopped onion
2 tablespoons chopped pimiento
½ teaspoon salt
⅛ teaspoon pepper

Prepare **Creamettes® Macaroni** according to package directions. Drain. Combine macaroni with remaining ingredients. Cover and chill. 6 servings. Approximately 331 calories each.

Lite Luncheon Salad

- 1 (7-ounce) package **Creamettes® Elbow Macaroni** 2 cups uncooked
- 1 (7-ounce) can tuna packed in water, drained and flaked
- 4 slices Borden® Lite-line® Pasteurized Process Cheese Product, cut into small pieces
- ½ cup chopped green pepper
- 2 tablespoons chopped pimiento
- 6 tablespoons bottled low calorie Italian dressing
- 2 tablespoons ReaLemon® Reconstituted Lemon Juice
- 1 to 2 tablespons prepared horseradish
- ½ teaspoon garlic salt
- 2 tablespoons chopped parsley
- 8 medium tomatoes (cut into wedges, cutting to, but not through, bases)

Prepare **Creamettes® Macaroni** according to package directions. Drain. In large mixing bowl, combine all ingredients except tomatoes; mix well. Chill thoroughly. Serve in tomatoes. 8 servings.

Prepared as directed, provides approximately 180 calories per serving. (Values by product analyses and recipe calculations.)

Ham Creole with Noodles

- 3½ cups cubed cooked lean ham (about 1 pound)
- 2 (8-ounce) cans tomato sauce
- 1 cup diced celery
- ½ cup diced green pepper
- ½ cup water
- 1 tablespooon minced onion
- ½ teaspoon oregano leaves
- ½ teaspoon garlic salt
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ½ of a (1-pound) package **Creamette Egg Noodles**

In large saucepan combine ham, tomato sauce, celery, green pepper, water, onion and seasonings. Cover and simmer for 10 minutes. Remove cover and simmer additional 10 minutes. Prepare **Creamette Noodles** according to package direction. Drain. Serve ham sauce over hot noodles. 4 servings, approximately 586 calories each.

Lite Garden Cheese Salad

- 1 (7-ounce) package **Creamettes® Elbow Macaroni** or **Spaghetti**
- 3 hard-cooked eggs, chopped
- 1 (16-ounce) container lowfat cottage cheese
- ½ cup shredded carrot
- ¼ cup chopped green onions
- ⅓ cup bottled low calorie Italian dressing
- 1 teaspoon celery seed
- 1 teaspoon seasoned salt
- ⅓ cup skim milk
- Lettuce leaves

Prepare **Creamettes® Macaroni** or **Spaghetti** according to package directions. Drain. In large bowl, combine all ingredients except milk and lettuce, mix well. Cover, chill thoroughly. Just before serving, stir in milk, serve on lettuce. 6 servings.

Prepared as directed, provides approximately 250 calories per serving. (Values by product analyses and recipe calculations.)

Calorie Watcher's Chinese Chicken With Spaghetti

- 1 (7-ounce) package **Creamette Spaghetti** (or ½ of a 1 lb. pkg.)
- 2 whole chicken breasts (about 1½ pounds), skinned, boned and cut into strips
- 6 ounces fresh mushrooms sliced (about 1½ cups)
- ½ cup chopped green onions
- 3 tablespoons low calorie margarine
- 2 cups water
- 1 tablespoon Wyler's® Chicken Flavor Instant Bouillon
- 2 teaspoons cornstarch
- 1 (6-ounce) package frozen pea pods, thawed or 1 (10-ounce) package frozen green peas, thawed
- 2 tablespoons chopped pimiento
- 2 tablespoons soy sauce
- ¼ to ½ teaspoon ground ginger

Prepare **Creamette Spaghetti** according to package directions. Drain. In large skillet or Dutch oven cook chicken, mushrooms and onions in margarine until chicken is tender and liquid is absorbed. Meanwhile, stir together water, bouillon and cornstarch. Add to chicken mixture along with cooked spaghetti and remaining ingredients, mix well. Heat through. Serve with additional soy sauce if desired. 6 servings.

Prepared as directed, provides approximately 310 calories per serving. (Values by product analyses and recipe calculations.)

Spaghetti with Tuna Sauce

- 1 (10½-ounce) can beef consomme
- 1½ cups water
- ⅓ cup flour
- 2 tablespoons horseradish
- 2 tablespoons Worcestershire sauce
- 2 tablespoons butter or margarine
- 2 (7-ounce) cans tuna in water, drained and flaked
- ¼ cup chopped fresh parsley
- 1 (7-ounce) package **Creamette Spaghetti** (or ½ of a 1 pound package.)

Heat beef consomme to boiling point. Combine water and flour; mix well. Add to consomme and cook over low heat until thickened, stirring constantly. Stir in horseradish, Worcestershire sauce, butter, tuna and parsley; cook over low heat 10 minutes, stirring constantly. Prepare **Creamette Spaghetti** according to package directions. Drain. Serve tuna sauce over hot spaghetti. 4 servings. Approximately 380 calories each.

Chicken Noodle Dinner

- ½ of a (1-pound) package **Creamette Egg Noodles**
- ¾ cup chopped green pepper
- ¼ cup chopped onion
- 1 teaspoon curry powder
- 1 tablespoon butter or margarine
- ¼ cup flour
- 3 cups skim milk
- 2 cups diced cooked chicken
- 1 (3-ounce) can sliced mushrooms, drained
- 1 teaspoon dried parsley flakes
- 1 teaspoon salt
- Dash of bottled hot sauce

Prepare **Creamette Noodles** according to package directions. Drain. Sauté green pepper, onion and curry powder in butter until tender. Add flour and milk. Cook stirring constantly, until mixture thickens. Add next five ingredients. Simmer 5 minutes. To serve, toss noddles with chicken mixture. 4 servings, approximately 453 calories each.

Thin Man's Salad

- 1-(7 ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
- 1 cup creamed cottage cheese
- 1 cucumber, thinly sliced
- 8 radishes, thinly sliced
- 1 cup celery, diced
- 3 tablespoons low calori Italian salad dressing
- 1 tablespoon onion, chopped
- 1 teaspoon salt
- ½ teaspoon dry mustard
- Lettuce

Prepare **Creamettes® Macaroni** according to package directions for salad use. Drain. Combine macaroni with remaining ingredients except lettuce. Chill. Serve salad in bowl lined with lettuce leaves. 4 servings, approximately 264 calories each.

Summer Garden Salad

- 1 (7-ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
- 1 juice of 1 Sunkist® lemon
- ½ cup bottled reduced calorie Italian salad dressing
- ½ Sunkist® lemon, grated peel and juice
- 2 cups fresh spinach or romaine lettuce, cut in thin strips
- 1 (one) medium zucchini or cucumber, sliced
- 10-12 cherry tomatoes, halved
- 6 radishes, sliced
- 2 to 3 green onions, sliced

Prepare **Creamettes® Macaroni** according to package directions. Drain. Blend salad dressing, peel and juice of ½ lemon. Combine macaroni, vegetables and dressing; toss well. Cover and chill 1 hour. 8 servings, about 115 calories each.

ELEGANT CLASSICS

Lasagna Deliciosa

- ½ of a (1 pound) package **Creamette Lasagna**
- 1 pound Italian sausage
- ½ pound ground beef
- 1 cup chopped onion
- 2 cloves garlic, minced
- 2 teaspoons sugar
- 1 tablespoon salt
- 1½ teaspoons basil leaves
- ½ teaspoon fennel seed
- ¼ teaspoon pepper
- 1 (28-ounce) can tomatoes, broken up
- 2 (6-ounce) cans tomato paste
- 1 egg, beaten
- 1 (15-ounce) container ricotta cheese
- 1 tablespoon dried parsley flakes
- ½ teaspoon salt
- 1 cup California Ripe Olives, sliced
- 1 pound Mozzarella cheese, grated
- ¾ cup Parmesan cheese wedge, grated

Prepare **Creamette Lasagna** according to package directions. Drain. Cook Italian sausage and ground beef; drain excess fat. Add onion and garlic, stir and cook 5 minutes. Add next seven ingredients and simmer 20 minutes. Combine egg, ricotta, parsley and salt. In bottom of a 13x9-inch baking dish, spoon about 1½ cups meat sauce. Layer ⅓ the lasagna, ⅓ the meat sauce, ⅓ the Ricotta, ⅓ the sliced olives, ⅓ the Mozzarella and ⅓ the Parmesan. Repeat layering. Cover with foil. Bake in a 375° oven for 25 minutes, remove foil and bake uncovered 25 minutes longer. Let stand 10 minutes before cutting. 8-10 servings.

Seashell Crab Salad

1 (7 ounce) package **Creamette Shells** (2 cups uncooked)
2 cups cooked crab meat, chopped
2 cups sliced cauliflowerets
1 medium zucchini, chopped
⅓ cup sliced green onions
½ cup mayonnaise
½ cup bottled Thousand Island dressing
1 tablespoon lemon juice
¼ teaspoon pepper

Prepare **Creamette Shells** according to package directions. Drain. Combine with crab, cauliflowerets, zucchini and onion. Blend mayonnaise, Thousand Island, lemon juice and pepper. Toss dressing with salad mixture. Cover and chill. 6 to 8 servings.

Mostaccioli Mosta

1 pound ground beef
1 cup onion, chopped
1 (16-ounce) can tomatoes, broken up
2 (8-ounce) cans tomato sauce
1 cup California Ripe Olives, coarsely chopped
¼ cup Parmesan cheese wedge, grated
1 teaspoon seasoned salt
½ teaspoon oregano leaves
¼ teaspoon crushed red pepper
1 (1 pound) package **Creamette Mostaccioli**
2 tablespoons softened butter or margarine
1 cup Mozzarella cheese, grated

In large skillet cook ground beef and onion; drain excess fat. Add tomatoes, tomato sauce, olives, Parmesan cheese, seasoned salt, oregano and crushed pepper. Simmer 15 minutes. Prepare **Creamette Mostaccioli** according to package directions. Drain. Toss with softened butter. Arrange in a 3-quart shallow baking dish; pour on meat sauce; top with Mozzarella. Place under broiler 2 to 3 minutes until cheese melts. 8-10 servings.

Mostaccioli means "small moustaches." However, these medium-sized, 2-inch long pasta tubes hardly resemble their name.

Ranch-style Spaghetti

1 (pound) package **Creamette Spaghetti**
1½ (pounds) round steak, trimmed and cubed
3 tablespoons cooking oil
1 large green pepper, diced
1 cup onion, diced
1 (10½ ounce) can beef broth
1 (32 ounce) can whole tomatoes, cut up
2 (6 ounce) cans tomato paste
¼ cup Parmesan cheese
1 (4 ounce) jar sliced mushrooms, drained
2 teaspoons salt
1 teaspoon sweet basil leaves
½ teaspoon crushed red pepper
½ teaspoon chili powder
¼ teaspoon garlic powder

In large skillet brown beef in cooking oil. Add green pepper and onion, cook for two minutes. Add beef broth, cover and simmer on low for 20 minutes. Add tomatoes, tomato paste, cheese and spices, cook uncovered for 30 minutes. Prepare **Creamette Spaghetti** according to package directions. Drain. Serve sauce over hot cooked spaghetti. 8-10 servings.

Spaghetti Shrimp Platter

½ of a (1 pound) package **Creamette Spaghetti**
⅓ cup olive oil
2 cups cooked shrimp
1 clove garlic, minced
⅓ cup grated Parmesan cheese
¼ cup chopped fresh dill
1 teaspoon salt
½ teaspoon coarse grind pepper

Prepare **Creamette Spaghetti** according to package directions. Drain. In a large skillet heat oil, add shrimp and garlic. Stir and cook for 5 minutes. Add cooked spaghetti, Parmesan cheese, dill, salt and pepper. Toss well to coat spaghetti. Serve immediately. 6 servings.

Stir-Fry Beef and Spaghetti

¾ pound beef round steak
4 tablespoons cornstarch, divided
6 tablespoons **Kikkoman Soy Sauce,®** divided
1 tablespoon dry sherry, optional
1 clove garlic, minced
½ teaspoon ground ginger
½ of a (1-pound) package **Creamette Spaghetti**
3 tablespoons vegetable oil, divided
1 tablespoon sesame seed
2 medium carrots, cut diagonally into thin slices
1 large onion, chunked
¼ teaspoon pepper
1 (10-ounce) package French-style green beans, thawed and drained

Cut meat into thin, long strips. Combine 1 tablespoon each cornstarch and soy sauce, sherry, garlic and ginger. Stir in meat; let stand 30 minutes. Meanwhile, combine 2 cups water with remaining cornstarch and soy sauce. Prepare **Creamette Spaghetti** according to package directions. Drain. Toss with 1 tablespoon oil; keep warm. Heat 1 tablespoon oil in large fry pan or wok over medium-high heat; add sesame seed and stir-fry until golden. Add meat and stir-fry 1 minute; remove. Heat remaining oil in same pan; add next three ingredients. Stir fry 3 minutes, or until vegetables are tender-crisp. Add green beans, meat and sauce mixture. Cook and stir until mixture boils and thickens. To serve, arrange spaghetti on large platter; top with meat mixture. 6-8 servings.

Gardner's Delight Salad

1 (7-ounce) package **Cremette Spaghetti,** broken in thirds
1½ cups cooked chicken, cut in julienne strips
1 cup red cabbage, finely shredded
½ cup cauliflowerets, sliced
½ cup California Ripe Olives, sliced
3 tablespoons red onion, chopped
1 (2-ounce) jar diced pimiento
½ cup Italian Dressing
2 tablespoons parsley, chopped

Prepare **Creamette Spaghetti** according to package directions. Drain. Combine remaining ingredients with cooked spaghetti; mix well. Chill. Toss before serving. 6 servings.

Creamette Noodles Romanoff

½ of a (1-pound) package **Creamette Egg Noodles**
1½ cups creamed cottage cheese
1½ cups sour cream
¼ cup minced onion
1 garlic clove, minced
1 teaspoon Worcestershire sauce
½ teaspoon salt
Dash Tabasco sauce
1 cup Cheddar or American cheese, grated

Prepare **Creamette Noodles** according to package directions. Drain. Combine cottage cheese, sour cream, onion, garlic, Worcestershire sauce, salt and Tabasco sauce. Gently mix noodles with cottage cheese mixture. Pour into 2½-quart casserole. Top with grated cheese. Bake, covered, at 350° for 20 minutes. Uncover, bake an additional 15 minutes. 6 servings.

Spaghetti Milano

1 pound bulk sausage or ground beef
1 cup chopped onion
½ cup diced green pepper
1 carrot, peeled and minced
1 clove garlic, minced
2 (15-ounce) cans tomato sauce
1 (6-ounce) can tomato paste
1 (4-ounce) can sliced mushrooms, drained
1 (6½-ounce) can minced clams, undrained
1 teaspoon salt
¼ teaspoon basil leaves
¼ teaspoon thyme
¼ teaspoon pepper
1 (1-pound) or ½ of a (2-pound) package Creamette Spaghetti
3 tablespoons softened butter or margarine
Parmesan cheese

Brown meat, onion, green pepper, carrot and garlic. Drain excess fat. Add tomato sauce, tomato paste, mushrooms, clams and seasonings. Simmer on low heat 20 minutes. Prepare **Creamette Spaghetti** according to package directions. Drain. Toss with butter. Serve sauce over hot spaghetti. Pass the Parmesan cheese. 6-8 servings.

TIME SAVING MAIN DISHES

Veal Lasagna

½ of a (1 pound) package **Creamette Lasagna**
1 pound cubed veal
1 (28 ounce) can tomatoes, cut up
1 (6 ounce) can tomato paste
1 (4 ounce) can mushrooms, drained
1½ teaspoon salt
1 teaspoon oregano
¼ teaspoon pepper
1 pound Mozzarella cheese, grated
¼ cup Parmesan cheese

Prepare **Creamette Lasagna** according to package directions. Drain. Cook veal in 2 tablespoons cooking oil. Add tomatoes, tomato paste, mushrooms and spices. Simmer 20 minutes. Put thin layer of sauce in bottom of large baking pan. Top with layer of Lasagna, sauce, Mozzarella, and Parmesan. Repeat layers ending with Parmesan. Bake in 375° oven 30 minutes. Let stand 10 minutes before cutting. 6-8 servings.

Fettuccini Brunch

½ cup butter or margarine, softened
½ cup chopped onion
1 cup fresh mushrooms, sliced
¼ pound cooked ham, cut in julienne strips
4 egg yolks
4 tablespoons grated Parmesan cheese
1 (1-pound) package **Creamette Fettuccini**

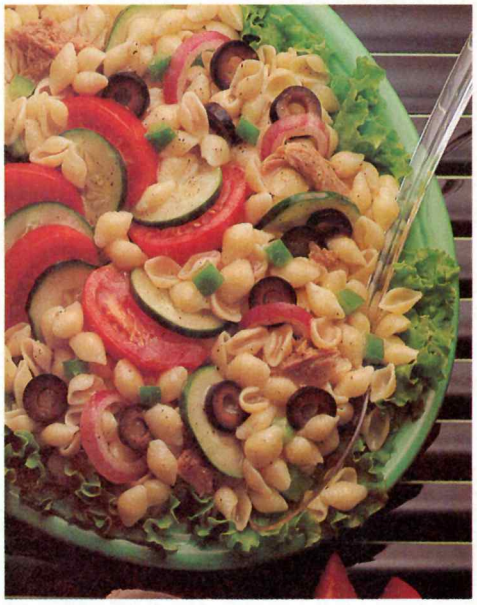
Melt 2 tablespoons butter in a large skillet; sauté onions, mushrooms and ham. Season to taste. Beat egg yolks in the top of a double boiler. Stir in cheese and remaining butter. Place over hot (not boiling) water and stir constantly with wooden spoon until thickened. Prepare **Creamette Fettuccini** according to package directions. Drain. Place in hot bowl and toss well with egg mixture. Top with ham mixture. Serve immediately. 4-6 servings.

Mostaccioli ál Fredo

1 (1-pound) package **Creamette Mostaccioli**
1 cup heavy cream
½ cup soft butter or margarine
½ cup grated Parmesan cheese
¼ cup chopped fresh parsley
1 teaspoon salt
¼ teaspoon pepper
⅛ teaspoon garlic powder

Prepare **Creamette Mostaccioli** according to package directions. Drain. In large pan, heat cream and butter on low heat. Do not boil. Add Mostaccioli, cheese, parsley, salt, pepper and garlic powder. Toss gently to coat. Serve immediately. 6-8 servings.

Shells come in almost as many sizes and shapes as sea shells. Thoroughly enjoyable in a cool summer salad, a hot dish or a robust winter soup.



Sea Breeze Salad

1 (7 ounce) package **Creamette Shells,** or 2 cups **Creamettes® Elbow Macaroni,** uncooked
1 (7 ounce) can tuna, drained and flaked
1 tomato, sliced
1 medium cucumber, sliced
½ cup California Ripe Olives, sliced
¼ cup green pepper, diced
¼ cup red onion rings
1 teaspoon seasoned salt
½ cup Italian Dressing

Prepare **Creamette Shells** according to package directions. Drain. Combine remaining ingredients with cooked shells; mix well. Chill. Toss before serving. 6-8 servings.

1-2-3 Casserole

1 (7-ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
1 (10¾-ounce) can cream of mushroom soup
½ cup Carnation® Evaporated Milk
½ cup grated American cheese
1 (6½-ounce) can tuna, drained and flaked

Prepare **Creamettes® Macaroni** according to package directions. Drain. In same pan, heat soup, evaporated milk, cheese and tuna. Stir in cooked macaroni. Serve immediately. 5 servings.

Ham Casserole

1-(7 ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
1-(10½ ounce) can cream of mushroom soup
⅔ cup of milk
½ teaspoon celery salt
1 cup shredded Cheddar cheese
1 teaspoon Worcestershire sauce
1-(6½ ounce) can ham, flaked apart with fork
Corn flake crumbs

Prepare **Creamettes® Macaroni** according to package directions. Drain. Heat together soup, milk, Cheddar cheese, celery salt, Worcestershire sauce. Add flaked ham. Add mixture to cooked macaroni. Pour into greased 2 quart baking dish. Top with corn flake crumbs. Bake in preheated 350° oven for about 45 minutes. 6-8 servings.

Meatball Stroganoff

1½ pounds lean ground beef
½ cup finely chopped onion
½ cup soft bread crumbs (about 1 slice bread)
2 eggs
2 tablespoons milk
1 teaspoon Worcestershire sauce
2 tablespoons Wyler's® Beef-Flavor Instant Bouillon
Vegetable oil, optional
¼ cup unsifted flour
2½ cups water
½ cup sour cream, at room temperature
1 (1-pound) package **Creamette Egg Noodles**

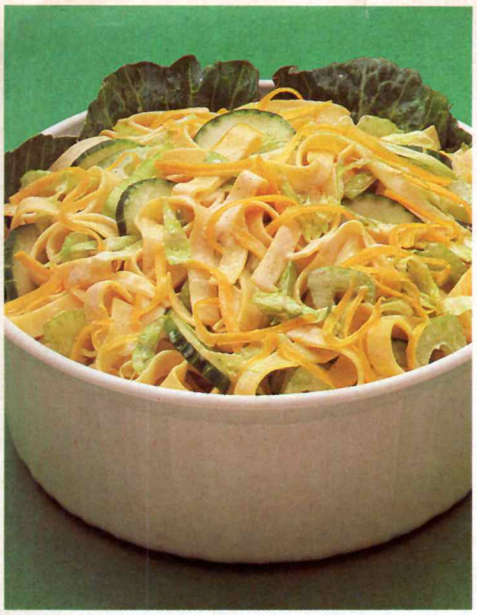
Prepare **Creamette Egg Noodles** according to package directions. Drain. In medium bowl, combine meat, onion, crumbs, eggs, milk, Worcestershire sauce and 1 tablespoon bouillon; mix well. Shape into 1½-inch meatballs. In large skillet, brown meatballs; remove. If necessary, add oil to drippings to make 3 tablespoons. Stir in flour. Add water and remaining 1 tablespoon bouilion, cook and stir until smooth and thickened. Add meatballs; bring to a boil. Reduce heat; simmer uncovered 30 minutes. Stir about ¼ cup sauce into sour cream; add slowly to mixture in skillet, stirring constantly until sour cream is thoroughly blended. Heat through (do not boil). Serve over hot cooked noodles.
6 to 8 servings.

Sausage Spaghetti

1 pound Smoked Sausage or Italian Smoked Sausage cut into 1 inch slices
2 green peppers, diced
2 medium onions, diced
2 cans (15 ounce each) tomato sauce
1 can (6 ounce) tomato paste
1 can (4 ounce) sliced mushrooms, undrained
1 tablespoon Worcestershire sauce
1 teaspoon basil leaves
1 teaspoon salt
¼ teaspoon pepper
⅛ teaspoon garlic powder
1-pound package **Creamette Spaghetti** (or ½ of 2-lb. package)

In a large skillet fry sausage until almost brown. Add green pepper and onion, cook until tender. Stir in tomato sauce, tomato paste, mushrooms with liquid, Worcestershire, basil, salt, pepper and garlic powder. Simmer uncoverd 20 minutes. Prepare **Creamette Spaghetti** according to package directions. Drain. Arrange spaghetti on large platter and pour on sauce. 6 to 8 servings.

Rigatoni. Large, grooved pasta tubes. *Manicotti* is a larger version.



Egg Noodle Slaw

- 1 (1-pound) package **Creamette Medium Egg Noodles**
- 6 cups finely shredded cabbage
- 1 cup finely sliced celery
- 1 cup finely sliced cucumber
- 1 cup grated Cheddar cheese
- 1 cup plain yogurt
- ¼ cup salad oil
- 2 tablespoons white vinegar
- 2 teaspoons sugar
- 2 teaspoons seasoned salt
- ½ teaspoon dry mustard
- ¼ teaspoon white pepper
- Paprika

Prepare **Creamette Noodles** according to package directions. Rinse and drain in cold water. In a large bowl, combine noodles, cabbage, celery, cucumber and cheese. Blend yogurt, oil, vinegar, sugar, salt, mustard and pepper. Gently toss into noodle mixture. Cover and chill. Sprinkle generously with paprika. 8-10 servings.

The Crunchy Beef Bake Casserole

- 1 (7-ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
- 1 pound ground beef
- 1 can (10¾ oz.) condensed cream of mushroom soup
- 1 can (14½ oz.) whole tomatoes, cut up
- ¾ cup shredded Cheddar cheese
- ¼ cup chopped green pepper
- ¾ teaspoon seasoned salt
- 1 can (3 oz.) French Fried Onions

Prepare **Creamettes® Macaroni** according to package directions. Drain. Brown ground beef; drain. Combine all ingredients except onions. Pour half the mixture into a 2-quart casserole. Add ½ can onions. Pour remaining mixture over onions. Cover, bake at 350° for 30 minutes. Top with onions and bake, uncovered, 5 minutes longer. Makes 4-6 servings.

Chili con Creamettes®

- 1 (7-ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
- 2 (15-ounce) cans chili with beans
- 1 (16-ounce) can whole tomatoes with liquid, cut up
- 1 (2-ounce) can diced green chilis, drained
- 1 cup grated American cheese
- Sour cream
- Corn chips

Prepare **Creamettes® Macaroni** according to package directions. Drain. In a large skillet simmer chili, tomatoes and green chilis for 10 minutes. Stir in cooked macaroni. Top with cheese; cover skillet and heat on low 5 minutes. Serve in skillet, garnish individual servings with sour cream and corn chips. 6-8 servings.

Linguini with Clam Sauce

- 1 (1-pound) package **Creamette Linguine**
- ½ cup butter or margarine
- ¼ cup vegetable oil
- 2 cloves garlic, minced
- 2 (6½-ounce) cans minced clams, drained
- ¼ cup finely chopped fresh parsley
- ¼ teaspoon basil leaves
- ¼ teaspoon oregano leaves
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- Parmesan cheese

Prepare **Creamette Linguine** according to package directions. Drain. In heavy saucepan heat butter and oil. Sauté garlic and clams over medium heat 2 to 3 minutes. Stir in parsley, basil, oregano, salt and pepper. Simmer 5 minutes. Add hot cooked Linguine to clam mixture; toss lightly. Serve on warm platter. Pass the Parmesan cheese. 4-6 servings.

Sunshine Ham and Mac

- 1 (7 ounce) package **Creamettes® Elbow Macaroni,** 2 cups uncooked
- ½ cup chopped onion
- 2 tablespoons butter
- 2 tablespoons flour
- ¼ teaspoon salt
- 1⅔ cups undiluted Carnation® Evaporated Milk
- ½ cup water
- 1½ cups (6 ounces) shredded Cheddar cheese
- 1 teaspoon prepared mustard
- 1 cup (4 ounces) cooked ham, cut in julienne strips
- ¼ cup minced green pepper
- 2 to 3 drops bottled hot sauce, if desired

Prepare **Creamettes® Elbow Macaroni** according to package directions. Drain. In large saucepan, saute onion in butter until tender. Stir in flour and salt. Gradually add evaporated milk and water. Cook over medium heat, stirring constantly until mixture just comes to a boil and thickens. Remove from heat, stir in cheese until melted. Add mustard, ham, green pepper, hot sauce, and cooked **Creamettes®** Heat to serving temperature. To serve, pour into a warmed 1½ quart casserole. 4 to 6 servings.

Spaghetti Bolognese

- 1 pound ground beef
- 1 cup shredded carrots
- ⅔ cup chopped onion
- 1 clove garlic, crushed
- 1 teaspoon basil leaves, crushed
- 1 teaspoon oregano, crushed
- 1 beef bouillon cube
- 1 teaspoon sugar
- ½ teaspoon Italian Seasoning
- 2 (15 ounce) cans Tomato Sauce
- 1 (1 pound) package **Creamette Spaghetti**

In a large skillet, brown beef until it loses redness. Drain fat. Add carrots, onion and garlic. Saute until onion is tender. Add remaining ingredients except spaghetti. Cover; simmer 20 minutes. Stir occasionally. Prepare **Creamette Spaghetti** according to package directions. Drain. Serve sauce over hot cooked spaghetti. Makes 4 to 6 servings.

Mexican Beef Casserole

- 1 (7-ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
- 1 pound lean ground beef
- ¾ cup chopped green pepper
- ¾ cup chopped onion
- 1 clove garlic, finely chopped
- 2 cups hot water
- 1 (16-ounce) can tomatoes, cut up and undrained
- 1 (6-ounce) can tomato paste
- 1 (12-ounce) can whole kernel corn, drained
- ¼ cup pitted ripe olives, sliced if desired
- 1 (8-ounce) can tomato sauce
- 2 teaspoons chili powder
- 1 teaspoon oregano leaves
- 1 teaspoon salt
- ⅛ teaspoon ground cumin
- 1 cup crushed corn chips
- ½ cup (2 ounces) shredded Cheddar cheese

Prepare **Creamettes® Macaroni** according to package directions. Drain. Preheat oven to 350°. In large skillet, brown meat; pour off fat. Add green pepper, onion and garlic; cook and stir until tender. Stir in cooked macaroni, water, tomatoes, tomato paste, corn and olives. Pour into 3 quart shallow baking dish (13x9-inch). Stir together tomato sauce and seasonings, pour over macaroni mixture. Bake 25 to 30 minutes or until hot; top with corn chips and cheese. Bake 5 minutes longer or until cheese melts. 6-8 servings.

Quick 'n Cool Summer Salad

- 1 (7-ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
- 1 (16-ounce) can Veg-All Mixed Vegetables, drained
- 1 (7-ounce) can tuna, drained and flaked
- 1 cup diced Cheddar cheese
- ½ cup diced sweet pickles
- ½ cup diced onion
- ½ cup sour cream
- ½ cup salad dressing
- 1½ tablespoons lemon juice
- 1½ teaspoons seasoned salt
- ¼ teaspoon seasoned pepper

Prepare **Creamettes® Macaroni** according to package directions. Drain. Add Veg-All Mixed Vegetables, tuna, cheese, pickles and onion. Blend sour cream, salad dressing, lemon juice, seasoned salt and pepper. Toss dressing with macaroni mixture. Cover and chill. 6-8 servings.

Rotini. Sometimes called rotelline or corkscrews or twists. Kids love them whatever they're called.

FESTIVE PARTY DISHES

Lasagna Roll-Ups

12 to 16 strips **Creamette Lasagna**
2 tablespoons olive oil
1 large onion, chopped
1 clove garlic, minced
2 (1 pound) cans Italian tomatoes broken up
1 (6 ounce) can tomato paste
1 (6 ounce) can water
2 tablespoons chopped fresh parsley
1 tablespoon salt
1 tablespoon sugar
1 teaspoon oregano leaves
1 teaspoon basil leaves
¼ teaspoon pepper
2 (16 ounce) containers ricotta cheese
1 cup grated Mozzarella cheese
⅓ cup grated Parmesan cheese
2 eggs, beaten
1 tablespoon chopped fresh parsley
1 teaspoon salt
1 cup grated Mozzarella cheese

Prepare **Creamette Lasagna** according to package directions. Drain. In a large skillet heat oil, cook onion and garlic until tender. Add next nine ingredients, simmer 20 minutes. Blend ricotta, 1 cup Mozzarella, Parmesan, eggs, parsley and salt. Spread cheese equally on lasagna strips. Roll up each strip. Pour ½ the sauce in bottom of lasagna pan; arrange lasagna rolls seam side down in pan; top with remaining sauce and Mozzarella cheese. Cover and bake at 350° for 40 minutes. 6 to 8 servings.

Florentine Layers

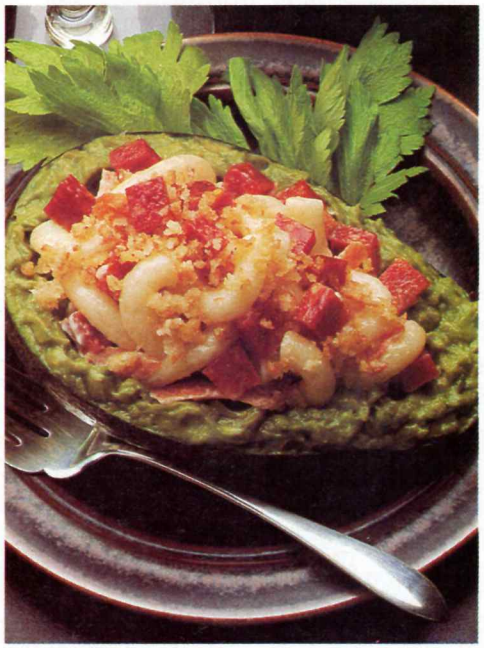
½ lb. ground beef
1 cup finely chopped onion
1 clove garlic, crushed
2 (15-ounce) cans Hunt's® Tomato Sauce
1 teaspoon seasoned salt
1 teaspoon oregano
1 (10-ounce) pkg. frozen chopped spinach, thawed
1 pint small curd cottage cheese
½ cup grated Parmesan cheese
1 egg, beaten
⅛ teaspoon pepper
1 (7-ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
½ lb. process American cheese, diced

Saute ground beef, onion and garlic in 10-inch skillet. Add Hunt's Tomato Sauce, ½ teaspoon seasoned salt and oregano; simmer 5 minutes. Press spinach very dry; combine with cottage cheese, Parmesan cheese, egg, ½ teaspoon seasoned salt and pepper; set aside. Prepare **Creamettes® Macaroni** according to package directions. Drain. In 2-quart greased baking dish, layer half each of the **Creamettes®**, diced cheese and meat sauce. Cover with the spinach mixture; then add remaining **Creamettes®**, diced cheese and meat sauce in layers. Bake at 375° 35 to 40 minutes. Let stand a few minutes before serving. Makes 6 to 8 servings.

Macaroni and Cheese Bundt® Delight

2 (7 ounce) packages **Creamettes® Elbow Macaroni** (4 cups uncooked)
¼ cup chopped onion
1 cup sliced, stuffed olives
4 eggs, slightly beaten
1¼ cups light cream
1 tablespoon seasoned salt
½ teaspoon pepper
1 cup grated Parmesan cheese
3 cups (12-oz.) grated American cheese
2 tablespoons butter or margarine

Prepare **Creamettes® Macaroni** according to package directions. Drain. Combine onion, olives, eggs, cream, salt and pepper. Add macaroni, Parmesan cheese, and American cheese and toss together. Grease a 12-cup Bundt® pan with butter or margarine and lightly sprinkle with flour. Pour macaroni mixture into Bundt pan. Bake at 350° for 40-45 minutes. Cool 10 minutes. Loosen edges with rubber spatula and invert onto serving platter. 8-10 servings.



Broiled Avocado Luncheon Cup

1 cup uncooked **Creamettes® Elbow Macaroni**
4 California Avocados, halved and pitted
3 to 4 drops bottled hot sauce
1 pkg. (5 oz.) Hormel Stick pepperoni, chopped
½ cup (2 oz.) grated Mozzarella cheese
¼ cup grated carrot
1 tablespoon minced onion
¼ cup mayonnaise
¼ cup dried bread crumbs
1 tablespoon melted butter

Prepare **Creamettes® Macaroni** according to package directions. Drain. Scoop out avocado from shells and mash with hot sauce. Spread mixture in bottom and around sides of shells. Combine macaroni, pepperoni, cheese, carrot, onion and mayonnaise. Spoon into shells. Sprinkle mixture of bread crumbs and melted butter over filling. Broil 3-5 minutes. Serves 4 with 2 half shells each.

Lasagna A flat, wide pasta used most often in baked dishes. Lasagna translated is "pots," hardly descriptive of this popular product.

Chicken Shell Salad

4 cups uncooked **Creamette Medium size Shells**
3 cups cooked chicken, cut in julienne strips
1 cup sliced celery
1 cup sliced radishes
1 small green pepper, diced
¼ cup minced onion
½ cup bottled blue cheese dressing
½ cup sour cream
1 teaspoon tarragon leaves
1 teaspoon seasoned salt
¼ teaspoon pepper

Prepare **Creamette Medium Shells** according to package directions. Drain. Combine shells, chicken, celery, radishes, green pepper and onion. Blend blue cheese dressing, sour cream, tarragon, salt and pepper. Stir dressing into salad mixture. Cover and chill. 6 to 8 servings.

Grace's Spaghetti Sauce For a Crowd

4 pounds lean ground beef
2 (4-ounce) packages finely chopped pepperoni
4 cups finely chopped onion
4 cloves garlic, minced
3 (28-ounce) cans tomatoes, broken up
5 (6-ounce) cans tomato paste
4 cups water
2 tablespoons sugar
2 tablespoons Worcestershire sauce
1 tablespoon basil leaves
1 tablespoon salt
½ teaspoon pepper
4 bay leaves
3 (1-pound) packages **Creamette Spaghetti**
1 cup melted butter or margarine
Parmesan cheese

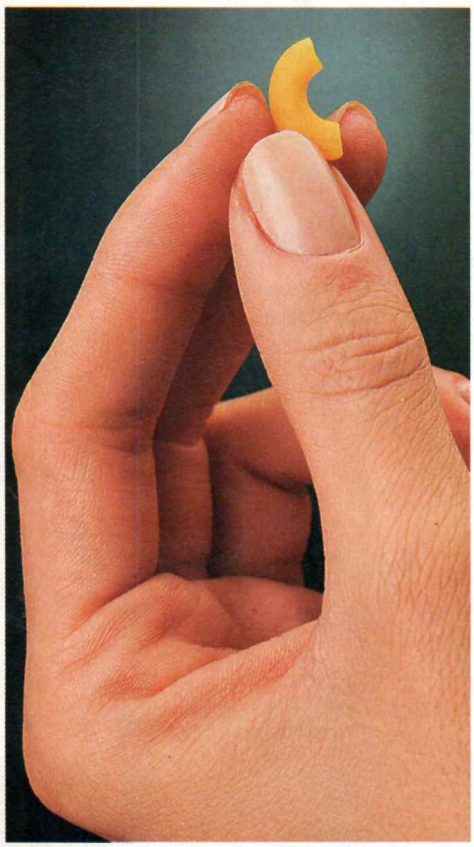
In large kettle, brown beef and pepperoni. Drain excess fat. Add onion and garlic; cook and stir until tender. Add next 9 ingredients. Bring to boil: reduce heat and simmer 2 hours, stirring occasionally. Prepare **Creamette Spaghetti** according to package directions. Drain. Toss with melted butter. Pass the Parmesan. About 24 one cup servings.
Note: Sauce may be prepared a day ahead. Refrigerate. Reheat before serving.

Creamette Summer Salad

1 (7-ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
1 (12½-ounce) can tuna, drained and flaked
1 (8-oz.) package or 2 cups natural Cheddar or Colby cheese, diced
2 cups fresh mushrooms, sliced
1 large tomato, diced
1 cup sweet pickles, diced
⅓ cup green onions, sliced
⅓ cup celery, diced
½ cup Italian dressing
½ cup sour cream
½ teaspoon seasoned salt

Prepare **Creamettes® Macaroni** according to package directions for salad use. Drain. Add tuna and next six ingredients. Blend Italian Dressing, sour cream and seasoned salt thoroughly. Add to salad and toss well. Chill. Garnish with additional slices of cheese, if desired. Serves 8 to 10.

How this 6,000 year old food can give you a new lease on life.



Pasta.

The Chinese were eating it as far back as 5,000 B.C. Supposedly, Marco Polo brought it back to Italy from China in the 13th Century.

Today, 6,000 years later, pasta is one of our most popular foods. People are still discovering how economical, delicious and nutritious Creamette pasta can be.

In fact, more than 40% of all Americans eat pasta in one form or another every week.

Why? Because few foods taste so good, cost so little and do so much for us.

Consider the Facts

Fact 1: Creamettes can cut $7 or more dollars off your weekly grocery bill.

Fact 2: Creamettes can help you lose weight and maintain a trim, healthy body.

Fact 3: Creamettes can even help you win a marathon race.

Creamettes: Macaroni and a whole lot more.

We're not talking just about Creamettes macaroni. We're talking about all Creamette pasta. Spaghetti. Lasagna. Shells. And the more than 60 other shapes Creamette pasta can take.

You've probably eaten macaroni and spaghetti before.

But did you ever stop to think about how many ways you could use just these two shapes of pasta?

Americans eat about 10 pounds of pasta a year per person. In some countries, they eat more than 54 pounds per person.

What do they know about pasta that we don't?

Mostly that Creamette pasta can be used in as many different ways as there are days in the year.

As a main dish.

As a side dish.

As a salad.

Even a dessert.

There's no end to what you can do with Creamette macaroni, spaghetti, lasagna and all the other Creamette shapes. And if you start experimenting with shapes like linguine, mostaccioli, fettucini, rigatoni and the more than 60 other Creamette varieties, you'll definitely never get bored.

Good, and good for you.

Nearly everybody agrees that pasta tastes good. And whether it's a Creamette macaroni casserole or salad, spaghetti or a special fettucini dinner, you leave the table feeling full and satisfied.

Of course, that much can be said for many foods. But now we know that Creamette pasta is not only delicious and filling, but also healthier for us in several ways.

True, Creamettes is a carbohydrate, long considered a source of too many calories and a guaranteed "pound producer." But the difference between Creamettes and other carbohydrates (sugar, for example) is that it is a COMPLEX carbohydrate.

How complex carbohydrates work.

Unlike simple carbohydrates (candy, cake), the complex carbohydrate must be broken down for digestion. The process takes time and therefore supplies the brain and muscles with a slower and more constant source of energy. In addition, Creamettes is like a timed-release energy capsule that satisfies your hunger without the heavy price in added calories. That's why athletes load up on pasta the night before competition.

High energy, but low calorie.

Creamette macaroni, spaghetti and speciality products are made from select, hard durum wheat. The best.

They're made with the latest technology and the most modern equipment available. That's why Creamettes always cook up firm, yet tender, never sticky or mushy.

And the calorie content is about the same for the different kinds... 210 calories for 2 oz. of dry pasta. So, interchanging shapes won't affect the taste, or calorie content, just the composition.

Variety is the Spice of Being Trim

Nothing dashes good dieting intentions as quickly as boredom. While spaghetti and meatballs have become an American tradition, that same home-made tomato sauce would seem new and special tossed with Creamette's Rotini.

Shaped Creamette pasta, like tunnels, ribbons, and sea shells, add the fun and interest and sophistication that your weight-reduction diet needs to survive.

If you can boil water, you're in business.

Some Creamette pastas may be difficult to pronounce.

But they certainly aren't difficult to cook.

About all you have to be able to do is boil water. And add a simple sauce.

Most of the dishes in this cookbook take just minutes to prepare. But they taste like they took hours.

You can tell the difference when you use Creamettes.

Free coupons from Creamette to cut out and use in the months ahead.

15¢ OFF
Any size Creamette Shells

MR. DEALER: This coupon will be redeemed for the face value plus 8¢ handling when received at The Creamette Co., 428 N. 1st, Mpls., MN 55401, provided the coupon is taken in exchange on the Creamette product specified and provided the store redeeming the coupon has purchased stocks equal to or in excess of coupons redeemed. Cash value 1/20¢. IMPORTANT FRAUD CLAUSE: This coupon must be signed to be valid. Unauthorized republication prohibited. Computer tabulated.

Name _____ CRM 00787

15¢ OFF
1 lb. Creamette Lasagna

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Name _____ CRM 01087

15¢ OFF
1 lb. Creamette Rotini or Rainbow Rotini

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Name _____ CRM 00887

15¢ OFF
1 lb. Creamette Mostaccioli

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15¢ OFF
1 or 2 lb. Creamette Spaghetti

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Name _____ CRM 00987

15¢ OFF
Any size Creamettes Elbow Macaroni

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Name _____ CRM 01287

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Creamy Italian Toss

- 1 (7-ounce) package **Creamette Spaghetti** (if desired break in thirds.)
- 1¼ cups Hellmann's® Real Mayonnaise
- 3 tablespoons wine vinegar
- 1 tablespoon prepared mustard
- 1 tablespoon finely chopped parsley
- 1 clove garlic, minced
- 1 cup chopped tomatoes
- 1 cup fresh sliced mushrooms
- 1 cup thinly sliced zucchini
- 1 cup thinly sliced pepperoni (4-ounces)
- ½ cup chopped green pepper
- ¼ cup chopped onion

Prepare **Creamette Spaghetti** according to package directions. Rinse and drain in cold water. In a small bowl stir together next 5 ingredients. Set aside. In large bowl mix together remaining ingredients. Add dressing; toss well to coat. Cover and chill for 2 hours. 4-6 servings.

Major League Macaroni

(Easier than Potato Salad!)

- 1 (7-ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
- 1 cup diced celery
- 1 small cucumber, pared, seeded and chopped
- ½ cup sliced radishes
- ¼ cup diced green peppers
- 4 hard cooked eggs, chopped
- 2 tablespoons minced onion
- 1 cup mayonnaise
- ¼ cup milk
- 1 teaspoon prepared mustard
- 1 teaspoon seasoned salt
- ¼ teaspoon pepper

Prepare **Creamettes® Macaroni** according to package directions. Drain. Combine macaroni, celery, cucumber, radish, green pepper, eggs and onions. Blend together mayonnaise, milk, mustard, seasoned salt and pepper. Toss dressing with macaroni mixture; mix well. Cover and chill. 6-8 servings.

Pizza Mac

- 1 (7-ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
- ½ cup milk
- 1 egg
- 1 teaspoon salt
- 1½ cups prepared spaghetti sauce
- 1 (16-ounce) can kidney beans, drained
- 1 (8 to 10 ounce) smoked sausage, sliced
- 1 (4-ounce) jar sliced mushrooms, drained
- 1 (2-ounce) can chopped green chilies, drained
- 1 small green pepper, diced
- 1 small tomato, diced
- 1 small onion, sliced
- 1 teaspoon Italian seasoning
- 2 cups grated Mozzarella cheese

Prepare **Creamettes® Macaroni** according to package directions. Drain. In a medium size bowl beat milk, egg and salt, add macaroni and mix well; spread evenly in greased 15 x 10 inch cookie sheet. Spoon spaghetti sauce over macaroni. Top with beans, sausage, mushrooms, chilies, green pepper, tomato, onion, seasoning and cheese. Bake in a 350° oven 30 minutes. Let stand 5 minutes before cutting. 8-10 servings.

Cheesy Chili Mac Slow-Cook

- 2 pounds ground beef
- 1 cup chopped green pepper
- 1 cup chopped onion
- 2 garlic cloves, chopped
- 1 (28-ounce) can tomatoes, cut up, undrained
- 1 (15-ounce) can chili beans, undrained
- 1 (6-ounce) can tomato paste
- 1½ cups water
- 1½ tablespoons chili powder
- 1½ teaspoons seasoned salt
- 1 teaspoon cumin
- ¼ teaspoon pepper
- 1 (7-ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
- 1 cup grated Cheddar cheese

Brown ground beef, green pepper, onion and garlic on high in a slow-cooker. Drain excess fat. Add tomatoes, beans, tomato paste, water and seasonings. Cover and slow cook for 6 to 8 hours. Twenty minutes before serving, prepare **Creamettes® Macaroni** according to package directions. Drain. Stir macaroni into chili, cover and heat. Garnish individual servings with cheese. Makes about 3½ quarts.

Rotini Cooler

- 2½ cups uncooked **Creamette Rotini**
- ½ medium green pepper, sliced
- ½ red pepper, sliced
- 1 cup sliced fresh mushrooms
- ¼ cup sliced green onions
- ¼ cup grated Parmesan cheese
- ½ cup bottled Italian dressing
- 2 tablespoons capers
- ¼ teaspoon coarse grind pepper
- 8 slices cooked bacon, crumbled

Prepare **Creamette Rotini** according to package directions. Drain. Combine with next eight ingredients. Cover and chill. Before serving, toss bacon with salad. 6 to 8 servings.

Mexican Delight

- 1 (7 ounce) package **Creamettes® Elbow Macaroni,** (2 cups uncooked)
- ½ pound ground beef
- 1 (15½ ounce) can kidney beans, drained
- 5-6 cups torn head lettuce
- 2 medium tomatoes, diced
- 1 cup grated Cheddar cheese, (4 ounce)
- ½ cup pitted ripe olives, chopped
- ½ cup celery, chopped
- ½ cup green pepper, diced
- ¼ cup green onion, sliced
- * Avocado dressing
- 1 cup crushed taco chips

Prepare **Creamettes® Macaroni** according to package directions. Drain. Brown ground beef. Add kidney beans and simmer 10 minutes. Drain excess fat and let cool. Tear lettuce into bite-size pieces. Combine all ingredients except taco chips. Chill.

At serving time, toss with Taco Chips. 6 to 8 servings.

* Avocado Dressing:
In blender combine: 1 ripe avocado, chopped, ½ cup sour cream, ½ cup salad oil, 1 tablespoon lemon juice, 2 teaspoon salt, ½ teaspoon sugar, ½ teaspoon chili powder, ½ teaspoon hot sauce and ¼ teaspoon garlic powder. Blend until smooth.

Macaroni Souffle

- 1 (7 ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
- 4 eggs, separated
- 1½ cups milk
- 1 tablespoon minced onion
- 1½ teaspoons seasoned salt
- 2 cups soft bread crumbs
- 2 cups grated American cheese
- 1 (2 ounce) jar chopped pimiento

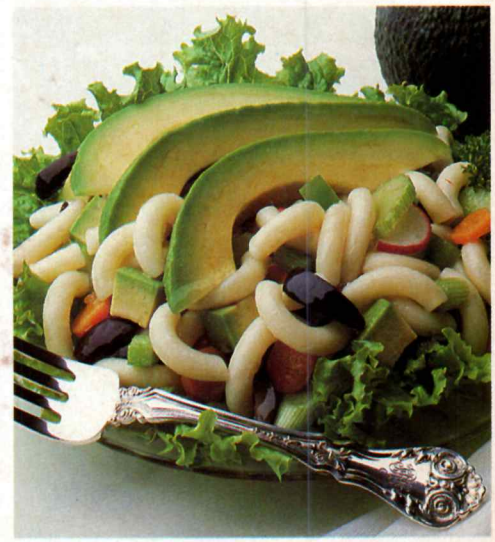
Prepare **Creamettes® Macaroni** according to package directions. Drain. Slightly beat egg yolks with milk. Stir in onion and seasoned salt. Add macaroni, bread crumbs, 1½ cups cheese and pimiento. Beat egg whites until stiff; fold into macaroni mixture. Pour into a 2½ quart buttered casserole. Top with remaining ½ cup cheese. Bake in a 350° oven for 45 minutes, or until set. 6 to 8 servings.

May be served with your favorite pourover cream sauce. Creamed salmon, tuna, chicken or vegetables.

Chili Mac Quiche

- 1 (7 ounce) package **Creamettes® Elbow Macaroni** 2 cups uncooked
- 2 tablespoons butter or margarine
- 1 green pepper finely diced
- 1 medium onion finely diced
- 4 eggs, beaten
- 2 cups milk
- 2 cups shredded Cheddar cheese
- 1 tomato, diced
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 1 or 2 (15 ounce) cans Hormel Chili

Prepare **Creamettes® Elbow Macaroni** according to package directions. Drain. Sauté green pepper and onion until tender; do not brown. Combine with macaroni, eggs, milk, cheese, tomato, salt and pepper. Spoon into a greased 12 inch quiche dish or 9 inch square pan. Bake in a 350° oven for 50 minutes. Top each serving with heated chili. 6 to 8 servings.



Avocado Italiano

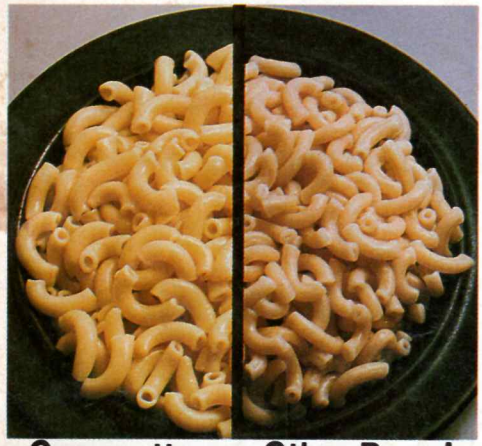
- 1 (7 ounce) package **Creamettes® Elbow Macaroni** (2 cups uncooked)
- ⅓ cup Italian salad dressing
- 1½ teaspoon lemon juice
- 1½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup each sliced green onions and radishes
- ¼ cup each diced green pepper and carrots
- ¼ cup each coarsely chopped black olives and celery
- 2 California Avocados, peeled and pitted (1½ avocados cut in chunks; ½ avocado sliced into crescents)

Prepare **Creamettes® Macaroni** according to package directions; drain and chill in cold water for 5 minutes. Drain cooled macaroni; mix with Italian salad dressing, lemon juice, salt and pepper. Stir in onions, radishes, green pepper, carrot, black olives, and celery. Cover and refrigerate at least 2 hours. Carefully mix in avocado chunks. Gently toss salad. Serve on a bed of lettuce topped with avocado crescents. 6 to 8 servings.

What every good cook should know about Creamettes.

Not all pasta is created equal!

We invite you to compare premium quality Creamettes with other pastas. You can actually see the difference.



Creamette products cook up lighter and fluffier. They have the perfect bite size, with a deliciously firm yet tender texture. The Creamette color is more golden compared with many pastas that have a grayish hue.

Next thing you'll see is that when many pastas are cooked they become starchy and mushy, which causes them to stick together.

There are several reasons Creamette pastas are so obviously superior.

To start with, all Creamette products are made from a special hard, lean wheat that grows only in certain areas of North Dakota and Arizona where the soil and climate are uniquely right. This rare wheat is specially milled to our exact specifications and shipped directly to our modern plants in Minneapolis, and Phoenix.

Here the flour is processed into the fine family of Creamette pastas using the exclusive technology we have perfected over the past 70 years. The finished products are rushed to your local store, fresh and wholesome in their familiar green boxes.

Cooking Tips

- Use a large deep pot.
- Use *plenty* of water.
- Make sure the water is rapidly boiling! Creamettes need to *swim* in the water!
- For long goods such as Spaghetti, Linguine, Fettuccini, use a long handled fork to stir and separate.
- For short goods such as Rigatoni, Rotini, Mostaccioli or Elbow Macaroni use a wide wooden spoon.
- Rinse and drain the pasta well before preparation.

Recipe Tips

- The recipes in this cookbook have all been developed and tested in the Creamette kitchens. They are specially designed for Creamette products. For optimum results, use only Creamette products for maximum appetite appeal and to avoid starchiness and stickiness.
- For added zesty flavor try adding fresh lemon juice or fresh crushed herbs to the boiling water.
- If your casserole or hot dish calls for sauteed vegetables (celery, green pepper, onion), try cooking them right along with the macaroni for added convenience.
- BE CREATIVE! Invent your own new recipe! Toss hot cooked spaghetti with your favorite sauteed vegetables, bacon or grated cheeses. Toss the spaghetti with your favorite bottled salad dressing instead of salad oil! Creamettes are versatile as the leftovers in your refrigerator!

Tips for athletes, dieters and everyone else.

- All Creamette products are complex carbohydrates, which means that, unlike simple carbohydrates (candy, heavily sugared sodas and desserts), they release energy to the body slowly. That is why so many athletes, especially in preparation for endurance events such as marathons, "load up" on Creamettes before an event. Creamettes keeps them going.
- Even if you're not running a marathon, Creamettes products are an ideal source of energy. They keep you from "feeling hungry" between meals and from adding unwanted calories to your diet in the form of snacking.
- Creamettes are a near-perfect food!
  – *NO* cholesterol
  – *NO* sodium added
  – *NO* artificial coloring or preservatives
  And it tastes great!
- Creamettes are *not* fattening
  1 cup cooked macaroni – 155 calories
  1 cup cooked spaghetti – 192 calories
  1 cup cooked egg noodles – 200 calories

Remember that high calories come from what you put *ON* the Creamettes. If you are watching your diet you don't have to be without pasta. Simply shy away from heavy cheese and meat sauces. Toss the Creamettes with fresh vegetables which have been sauteed in broth instead of oil. Toss your fresh pasta salad with low-calorie bottled salad dressing.

And just as important – *limit your portions!* Eating too large a portion of *any* food will result in too many calories.

If you have more questions about Creamette Pasta, call

1-800-328-8620

Ask for Debbie.

In Minnesota, call collect